

Building a strong partnership with your care team

Life with GPP

While doctors have deep medical expertise, many have not seen generalized pustular psoriasis (GPP) before, making it tough to diagnose and treat. Being honest about your reality can make it easier for your doctors to help you. While they are the health experts, you are the expert on your life. Working together, you can take steps toward a better reality.

Tips to consider

● Know your disease

Research GPP to be sure you have a deep understanding of the common symptoms, treatment options, and lifestyle impacts. Consider connecting with others in the community so you can better understand how the disease may impact different people and what support may be available.

● Find the right healthcare provider

Look for a dermatologist with experience with GPP and consider the elements that are important to you when building a supportive partnership. Does the person listen openly to your needs? Can you discuss all your options and arrive at a plan? Can you easily make follow-up appointments as needed? It can be helpful to explore different doctors in your area to find the right partnership. This Find a Specialist tool can help you connect with doctors who are experienced with GPP.

● Ensure your needs are heard

Most doctors see many different diseases on a given day — and may have never come across GPP before. If you feel as though your doctor isn't really understanding your reality or hearing your "ask," try being very direct. Clearly ask for what you need in a respectful way. Using examples from your everyday life and bringing printouts of your symptoms can be helpful. If you still feel like your doctor doesn't understand your reality, it might be helpful to meet with a different dermatologist.

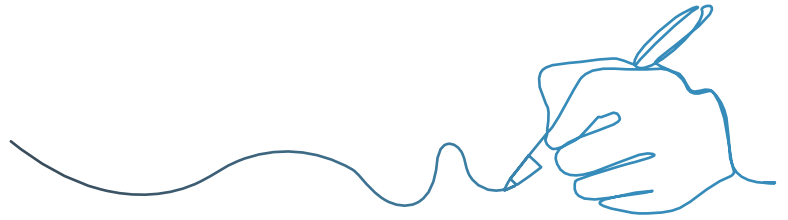
● Make a plan together

Talk to your doctor about how to make tangible progress toward the goals you've shared. Develop a concrete plan with clear steps for both of you, including any medical tests you may need, treatment recommendations, referrals, follow-up appointments, and lifestyle modifications that may be helpful.



Get started

The below questions can help you feel ready for your next conversation.



What do I want to say?

Write down the top 3 things you'd like to convey and your "ask" for your doctor:

If I feel unheard or misunderstood, what can I say to help redirect the conversation?

(eg, "What about..." "Why should I..." "I continue to struggle with..." "I still have concerns..." "I feel I really need..." "I would like you to consider...")

Practice what you'd like to say with a friend, family member, or even in front of a mirror before your appointment.

What everyday examples can I share to help explain my reality?

What will my plan be if I'm not confident in my diagnosis, treatment plan, or the relationship overall?

Who can I bring with me to be a second set of ears and support me?

Remember: Your doctor is your partner, there to support you. Being honest about your needs makes it easier for them to do so!

